

# TITONKA FITNESS CENTER

## FITNESS CENTER RULES

### Age Requirements

- No one under the age of 14 may be in the Fitness Center
- 14-17 year olds must be accompanied by an adult

### Key Card

- You must notify a City of Titonka Recreation Commission Board Member or City Hall if your access key is lost or stolen
- If you discontinue membership, your access key(s) must be returned to City Hall immediately from the date your membership expired or you will lose your key deposit
- Allowing non-members into the facility is prohibited

### Equipment Etiquette

- All exercises including the use of weights and use of any and all machinery, equipment and apparatus designed for exercising shall be at the members sole risk
- Any equipment or other property damaged or destroyed due to the negligence or willful misuse of the member will be repaired or replaced at the member's expense and may result in loss of membership
- Be mindful of others when another member is waiting for the machine you are using

### General Rules

- Please change your shoes before using the equipment. Outside elements (snow, mud, dirt, sand, rain, etc.) can damage the equipment
- The Titonka Recreation Commission is not responsible for lost or stolen items
- No outside stereo equipment, only personal headphones are allowed in the gym

Encouraging healthy community fun, for everyone.